

Mexican Stir-Fry

A quick meal-in-a-skillet is a good way to use leftovers.

Ingredients:

- 2 Tbsp fat-free Italian dressing
- 2 Tbsp lime juice
- 1 lb lean beef strips (or chicken, turkey or shrimp)
- 1 medium onion, thinly sliced rings
- 2 medium bell peppers (red, yellow or green), thinly sliced rings
- 1 medium tomato, chopped
- 1/2 cup fresh cilantro, snipped
- Grated lowfat cheese
- Salsa



Directions:

- 1) Heat dressing and lime juice in a large skillet.
- 2) Add meat and cook on medium-high heat for 3-4 minutes; remove from skillet.
- 3) In the same skillet, stir fry onion and pepper slices for 2-3 minutes.
- 4) Add meat, tomatoes and cilantro, and cook another minute. Serve with whole-wheat tortillas. Garnish with cheese and salsa.

Makes 4 servings: 322 calories and 6g fat (17%) each

See for similar: <http://recipes.chef2chef.net/recipe-archive/19/106313.shtml>